

# Senior Services at the Lexington Community Center March/April Newsletter



March/April 2017 Issue 402

Lexington Senior Services

39 Marrett Road

Lexington, MA 02421

781-698-4840

[www.lexingtonma.gov](http://www.lexingtonma.gov)



*Connecting the Lexington community for  
greater health and well-being*

- ◆ Information
- ◆ Referral
- ◆ Limited Case Management
- ◆ SHINE
- ◆ Transportation
- ◆ Nutrition
- ◆ Programs/Activities
- ◆ Volunteer Opportunities

## The Council on Aging Board

Betty Borghesani, Co-Chair \* Julie Ann Shapiro, Co-Chair  
Ellen Cameron, Vice-Chair \* Marion Kilson, Secretary  
Nancy Adler \* Camille Goodwin \* Sophia Ho  
Gerry Howell \* Harry Mackay \* Rich McDonough  
[councilonaging@lexingtonma.gov](mailto:councilonaging@lexingtonma.gov)

The COA Board meets monthly at the Community Center.

The next meetings are March 1<sup>st</sup> and April 5<sup>th</sup> from  
2:30pm.- 4:00pm. Working in collaboration with Human  
Services staff, the COA advocates for Lexington seniors  
and advises the Town Manager on policy issues.

The COA Board invites you to attend.

## Letter from the COA

Following in Nancy's footsteps as COA chair is a tall order for anyone, so two of us are working together to do our best to fill her shoes. We are excited about continuing what has been a smooth and successful transition to the Community Center, and as a board, providing guidance to the Human Services and Recreation staff, who do such a tremendous job providing and coordinating programs to enhance the lives of Lexington's seniors.

Since moving into the Community Center, we have seen a 45% increase in the number of seniors who participate in an ever increasing number of educational programs, fitness and wellness programs, and social activities that include trips and luncheons. We have also seen a significant increase in the number of seniors accessing the support the Human Services staff provides, including counseling, transportation and outreach. We worked with the Transportation Advisory Committee to ensure appropriate options for senior transportation, and work closely with the Friends of COA to ensure funding of some of the most popular programs and keep costs down for classes and trips. We will have our next "Meet and Greet" coffee with Selectman Michele Ciccolo on March 1<sup>st</sup> at 1:30 p.m. Please join us, we enjoy hearing what you want and need in the community, and having a chance to get to know you.

As a board, we meet on the 1<sup>st</sup> Wednesday of each month at the Community Center. Michelle Ciccolo, our Selectmen's liaison to the COA, will be attending one meeting each quarter, and we will do our best to announce in advance when she will be attending. Our meetings are open to the public, and we would welcome your involvement!

*Julie and Betty*

## Human Services Staff

Phone 781-698-4840 Fax 781-863-2271  
 Web Site Address- <http://www.lexingtonma.gov>  
 Monday - Friday, 8:30 a.m.- 4:30 p.m.

Charlotte Rodgers, RN, MA, CCM Director

Kelly Axtell, BS, MBA, Asst. Director Senior Services

Kristie Demirev, LICSW, Youth/Family Services

Hemali Patel, LSW, Senior Services Coordinator

Alicia Grunes, RN, BSN

Paula McGlynn, Office Manager

Gwen Jefferson, Administrative Clerk

Michelle Kelleher, Administrative Clerk

Gina Rada, Veterans Services Director

Jeanette Rebecchi, Transportation Manager

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[jrebecchi@lexingtonma.gov](mailto:jrebecchi@lexingtonma.gov)

### Sign up for March/April Programs begins:

**February 8<sup>th</sup> for Lexington Residents/February 22<sup>nd</sup> for Non-Residents.**

**Sign up in person or by phone at 781-698-4870 starting at 8:30 a.m.**

### Aging Mastery Program

**10 Mondays, starting March 6<sup>th</sup> from 10:30 –11:30 a.m.**

AMP is designed to provide rewards to encourage participants to challenge themselves to take steps necessary to improve their health and live a better life. Participants will earn points for partaking in the ten focus areas of healthy living and bonus points for reinforcing the learning with additional activities. **Limited Space!**

### Coffee & Conversation with Town Manager, Carl Valente

**Thursday, March 9<sup>th</sup> at 9 a.m.**

Bring your questions or concerns about what the town does for its citizens.



### Planning for Medicare - Countdown to 65

**Thursday, March 16<sup>th</sup> from 6:30 p.m. to 7:30p.m.**

Topics include:

- ◆ Explanation of Medicare Parts A, B, and C
- ◆ Medicare enrollment timeline
- ◆ Medigap plans that help supplement Medicare coverage
- ◆ Medicare Advantage plans, such as HMOs and PPOs
- ◆ Medicare Part D prescription drug plans
- ◆ Plans & programs available to early retirees -COBRA

### Passport Around the World (12 sessions)

**Friday, March 17<sup>th</sup> at 4:30 p.m. - Ireland**

Come Celebrate St. Patrick's day as we explore a little bit of the Irish culture. (Sponsored by Home Instead)



### CPR Training for Grandparents

**Wednesday, March 22<sup>nd</sup> from 10 a.m. to 12 p.m.**

Participants will be certified by the American Heart Association in Community CPR. Open to Lexington residents and those that have not taken the class within the last year.

### St. Patrick's Day Lunch

**Tuesday, March 14<sup>th</sup> at 11:45 a.m.**

Enjoy a traditional lunch of corned beef & cabbage, dessert and beverage. Catered by Whitson's.

**Register & pay \$5 by March 9<sup>th</sup>.**



### Passport Around the World (12 sessions)

**Tuesday, April 4<sup>th</sup> at 10:30 a.m. – China**

Enjoy some Chinese food as we learn about the country of China.



### Stand-Up Comedy Event

**Friday, April 7<sup>th</sup> starting at 5:30pm**

Laughter is the best medicine! Comedian David Shikes will make us all laugh, with some great stand-up comedy and light hors d'oeuvres. **Register & pay \$5 by March 31<sup>st</sup>.**

### Women's Financial Health

**Thursday, April 27<sup>th</sup> from 5pm-6pm**

Mary McFadden Hastings, Managing Director-Investments, of Wells Fargo Advisors and long-time resident of Lexington, will present an informational and conversational seminar titled, **"Why It is Critical for Women to Be Knowledgeable For Their Own Financial Health".**



Remember to register for a Community Center membership. Non-residents pay a \$12 yearly fee.

## Free Programs/Support Groups

### Money Matters

A discussion group focused on financial topics.

**Tuesdays 9:30 a.m. March 7 - April 25**

### Parkinson's Support Group

Facilitated by Alicia Grunes, RN, BSN but mainly led by the members. Ages range from 50's -80's, all at different stages of Parkinson's. Family members and caregivers are welcome to join their loved ones. Topics may include diet, medications, symptom management and coping mechanisms.

**Tuesdays 1 p.m. March 28<sup>th</sup> & April 25<sup>th</sup>**

### World Affairs

A discussion group focused on important world issues & events.

**Tuesdays 1:15 p.m. March 7 - April 25**

### Senator Donnelly

**Tuesdays 10 a.m. March 21<sup>st</sup> & April 18<sup>th</sup>**

### Computer & Technology Group

Join us for presentations, demos and Q&A help on various computer topics. See our announcements and updates at <https://groups.yahoo.com/neo/group/LexingtonComputerGroup/info>

**Wednesdays 10 a.m. March 1 - April 26**

### Low Vision Group at the Community Center

Do you struggle with activities of daily living due to vision loss? Would you be interested in hearing speakers or discussing specific topics that relate to vision loss?

**Wednesdays 10:30 a.m. March 8<sup>th</sup> & April 12<sup>th</sup>**

For more information call Alicia Grunes, RN 781-698-4847.

### Caregivers Group

A support group for caregivers, caring for someone with memory impairment, looking for emotional and social support from peers.

**Call Hemali at 781-698-4844 to sign up.**

**Thursdays 1 p.m. March 2 & April 6**

### Low Vision Group (at Brookhaven)

Meeting is held at the Clubroom. Park in the visitor parking area.

**Thursdays 11 a.m. March 30<sup>th</sup> & April 27<sup>th</sup>**

### Current Events

Join us for a lively discussion about the week's news.

**Fridays 1:15 p.m. March 3 - April 28**

### **Senior Drop in Programs:**

Mah Jongg	Mondays	11a.m - 1p.m.
Bridge	Wednesdays	1p.m. - 3 p.m.
Bingo	Fridays	1p.m. - 3:30 p.m.

## Trips

### **The Lion King**

**March 16<sup>th</sup> \$99 (residents)  
\$109 (NR)**



Depart on your luxury Silver Fox Coach for Rhode Island and the beautiful Providence Performing Arts Center. You'll initially visit the Providence Place Mall where you will enjoy lunch (on your own) from a variety of dining options. You'll then arrive at the Providence Performing Arts Center for the 1:00 PM matinee of "The Lion King". You'll have Orchestra seats for this outstanding show.

**Depart 10 a.m. (39 Marrett Rd.) Return 6 p.m.**

### **New York City Shopping & Sightseeing**

**April 24<sup>th</sup> \$54 (residents) \$64 (NR)**

Depart on your luxury Silver Fox Motor Coach. A coffee stop (on your own) will be made along the way. A map of NYC illustrating points of interest will be provided for all. On arrival in New York, stops will be made at both Rockefeller Center and Macy's. You're on your own to enjoy the 'Big Apple' and see the sights, including Rockefeller Center, Saint Patrick's, Tiffany's and more! You can visit one of Broadway's exciting shows, attend one of New York's world famous museums, the Metropolitan Museum of Art, the Guggenheim, or shop and sightsee on Fifth Avenue. Depart at 6:00 PM from New York City, making a dinner stop (on your own).

**Depart 6 a.m. (39 Marrett Rd.) Return 10:30 p.m.**



### **Coming in September: Passports Needed**

#### **Montreal Spectacular, September 14-16**

Includes: two nights at the Holiday Inn & Suites, Vermont sightseeing, guided tour of Montreal. Four meals (2 breakfasts & 2 dinners) Visit to Montreal Casino Royal.

**Contact Hemali at 781-698-4844 For more information.**

### Trip Policy/Sign Up:

Payment is required at sign-up for trips. You may sign up as soon as you receive your newsletter. Itinerary subject to change upon discretion of the tour guide.

### Refunds:

If insufficient enrollment causes a program to be cancelled, participants will receive a full refund for any paid programs. Participants who withdraw from a program 10 business days prior to the program will not be eligible for a refund. Participants who withdraw 10 days prior to a program **may be** eligible for a refund if a participant on the waitlist is able to fill that spot. A refund may be given for medical reasons with documentation from your physician's office.



## Veterans Services

The Lexington/Bedford Veterans Services Department provides information regarding federal, state and local resources and benefits for Veterans. Please call Gina Rada, District Director of Veterans Services at 781-698-4848.



### Honor Flight New England

Honor Flight New England recognizes American veterans for your sacrifices and achievements by flying you to Washington, D.C. to see YOUR memorial at NO COST. Currently, top priority is given to World War II and terminally ill veterans from all wars. For more information or an application, call Gina Rada, District Director of Veterans Services, at (781) 698-4848.

### Lexington Veterans Association

The Lexington Veterans' Association will present their monthly program on **Monday, March 13<sup>th</sup> at 1:15 P.M.**, in the lower level meeting room at Cary Memorial Library, 1875 Mass. Ave. The program entitled "**Operation Delta Dogs: Service Dogs Turn Lives Around for Veterans**" will be presented by Sarah Stratton, Operations Coordinator, Operation Delta Dog, Chelmsford, MA.

**Monday, April 10<sup>th</sup> at 1:15 P.M.**, in the lower level meeting room at Cary Memorial Library, 1875 Mass. Ave. The program entitled "**Henry Knox, George Washington's Chief of Artillery, and the Siege of Boston.**" will be presented by Captain Robert E. Lewis, USN (Ret.)

Meetings are open and free to the public, come and enjoy coffee and refreshments along with friends and fellow veterans at 12:45 p.m. followed by our program at 1:15p.m. For more information about the Lexington Veterans Association visit our website at [www.lexmavets.org](http://www.lexmavets.org)

## Save the Date!

### Vietnam Veteran Recognition Ceremony

**Thursday, March 30<sup>th</sup> at 6 p.m.**

A Vietnam Veteran Recognition Ceremony will be held on Thursday, March 30<sup>th</sup> at 6 p.m. at the Community Center. For more information please call Gina Rada at 781-698-4848.



## Transportation Services

### Lexpress

Lexington's community bus service, runs Monday through Friday 6:35a.m. – 6:30p.m. Senior/disabled riders ride FREE on all routes between the hours of 9:00 a.m. - 2:00 p.m. For more information call Transportation Services at 781-698-4820.

### Lex-Connect Taxi Voucher Program

Lex-Connect offers discounted taxi rides for Lexington seniors and persons with a disability. The program operates Monday - Friday from 9 a.m. to 5p.m. and Saturday/Sunday from 8 a.m. to 8 p.m. Vouchers are \$3 each for Lexington trips, and \$5 each for out-of-town trips. Participants are limited to 12 vouchers per month. You must apply in person to use the program—pre-registration is required.

### FISH

FREE rides to medical appointments to seniors provided by volunteer drivers. For more information or to schedule a ride call 781-861-9300.

### Express Bus Service Between Lexington Center and Alewife Station

The 128 Business Council REV Bus offers direct weekday service between the Lexington Depot (13 Depot Square) and Alewife Station. The fare is \$1 each way. Don't want to look for parking in Lexington Center? Walk, bike, or take Lexpress? For more information visit: [www.128bc.org/rev](http://www.128bc.org/rev)

#### Depart Lexington Depot to Alewife

7:15 AM

8:30 AM

#### Depart Alewife Station to Lexington Depot

4:57 PM

6:27 PM



## Patriot's Day Parade on LEXPRESS

**Monday, April 17<sup>th</sup> at 12:30 p.m.**

Be part of the parade by riding on Lexpress or walking with friends from the Community Center! Meet in the Main Lexington Fire Station parking lot, 45 Bedford St., at 12:30 p.m. Bus will return to the Main Fire Station at approximately 3:30 p.m. Refreshments provided. Space limited.

**If you want to ride the bus please register at 781-698-4870 by April 10<sup>th</sup>.**



## Living Well

### Dietician Talks



#### Mindful Eating

**Fridays, March 3, 10, 17 at 11a.m.**

(3 sessions on Mindful eating - must attend all 3 sessions)  
Come learn about this non diet approach to healthy eating and weight management. Each session will focus on techniques to help you incorporate Mindful Eating into your life.  
**Sign up at 781-698-4870.**

#### Common Food and Drug Interactions

**Friday, April 21<sup>st</sup> at 11a.m.**

Common Food and Drug Interactions

Come learn about which foods you might be eating that may be interacting with your medication and causing your medication to be less effective. **Sign up at 781-698-4870.**

#### Nutrition Consulting Services

Barbara Collins, RDN, LDN is available for **FREE** one on one nutrition consulting. **Contact Kelly Axtell, Assistant Director at 781-698-4842 to schedule an appointment.**

### Nutrition Tip and Recipe

Quinoa (pronounced keen-wah) is an ancient grain that can be part of an overall healthy eating plan. It is called an ancient grain because it has remained largely unchanged for thousands of years. It is high in antioxidants and a good source of fiber, magnesium, potassium, calcium, Vitamin E and protein. It is a good substitute for rice and is safe for gluten free diets. *1/4 cup provides 160 calories, 27 grams of carbohydrates and 6 grams of protein.*

#### Recipe Quinoa Tabbouleh

##### Ingredients

- ◆ 2 cups of cooked quinoa
- ◆ Juice of 1 lemon
- ◆ 1-2 garlic cloves, minced
- ◆ 1 T extra-virgin olive oil
- ◆ 1 can rinsed/drained canned chickpeas
- ◆ 1 cup fresh chopped parsley
- ◆ 1/4 cup chopped mint
- ◆ 1/4 cup chopped basil
- ◆ 1 cup diced tomatoes
- ◆ salt and freshly ground pepper to taste



##### Instructions

Combine the cooked quinoa, lemon juice and garlic and chill for 30 minutes. Add the remaining ingredients and season with salt and pepper.

*Recipe courtesy of oldwayspt.org*



### Podiatry

**Thursday, March 2<sup>nd</sup> & 23<sup>rd</sup>**

**Thursday, April 6<sup>th</sup> & 27<sup>th</sup>**

**from 9:30 a.m. 12 p.m.**

Dr. Edgar Mullin, Jr., D.P.M., provides 10 minute podiatry visits for trimming and filing **ONLY**. The cost of the visit is \$30 cash or check payable to the doctor.

If you need to cancel your visit, please give us at least 24 hours' notice so we can fill the time slot. Thank You!

To make an appointment please call the Community Center at 781-698-4840 starting February 8<sup>th</sup> at 8:30am (for residents) February 22<sup>nd</sup> (for non-residents).

### Meals-on-Wheels

(Minuteman Senior Services.) Home-delivered meals. For information call 781-272-7177.



### SHINE

Counselors are available to help you with your health insurance. Call the Community Center at 781-698-4840 to make an appointment. SHINE counselors are provided by Minute-man Senior Services and available by appointment only on Mondays and Fridays.

### Senior Health Outreach Program

This program is available to seniors who are home-bound and unable to easily access health screenings. The service includes regular home visits conducted by a registered nurse as well as consultation and home visits by a social worker if needed. For more information call Alicia at 781-698-4847.



### Blood Pressure Clinics

1<sup>st</sup> Thursday of the month - **Community Center**  
39 Marrett Road. 10 - 11 a.m.

3<sup>rd</sup> Thursday of the month - **ALL Villages**

**Countryside Village** - 10:00-10:30 a.m.

off Woburn St.- in Lexington Housing Authority Office Building/Meeting Room.

**Greeley Village** - 10:45- 11:15 a.m.



off Bedford St., turn in on Tewksbury St. or Shirley St. in the center building/meeting and laundry facilities.

**Vynebrooke Village** - 11:30-12:00 p.m.

off Waltham St.- in the center building



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> 9:00 Fix-It Shop 9:00 Windowpane 10:00 Computer & Tech Group 12:00 LexCafé \$ * 1:30 Meet Greet 2:30 COA Meeting	<b>2</b> 9:00 Fix-It Shop 9:30 Podiatry \$ * 10:00 Blood Pressure Community Ctr. 10:00 Windowpane 1:00 Caregivers *	<b>3</b> 9:30 Windowpane 10:00 SHINE * 11:00 Dietician Talk 12:00 LexCafé \$ * 1:15 Current Events
<b>6</b> 8:30 SHINE * 9:30 Windowpane 10:30 Aging Mastery* 12:00 LexCafé \$ * 1:30 Parkinson's Tai Chi \$ * 1:45 ESL	<b>7</b> 9:00 Fix-It Shop 9:30 Money Matters 10:00 Windowpane 1:15 World Affairs 1:15 Movie	<b>8</b> 9:00 Fix-It Shop 9:00 Windowpane 10:00 Computer & Tech Group 10:30 Low Vision 12:00 LexCafé \$ *	<b>9</b> 9:00 Fix-It Shop 9:00 Coffee Conv.* 10:00 Windowpane	<b>10</b> 9:30 Windowpane 10:00 SHINE * 11:00 Dietician Talk* 12:00 LexCafé \$ * 1:15 Current Events
<b>13</b> 8:30 SHINE * 9:30 Windowpane 10:30 Aging Mastery* 12:00 LexCafé \$ * 1:30 Parkinson's Tai Chi \$ * 1:45 ESL	<b>14</b> 9:00 Fix-It Shop 9:30 Money Matters 10:00 Windowpane 11:45 St. Pat. Lunch \$ 1:15 World Affairs	<b>15</b> 9:00 Fix-It Shop 9:00 Windowpane 9:00 Memory Café* 10:00 Computer & Tech Group 12:00 LexCafé \$ *	<b>16</b> 9:00 Fix-It Shop 9:30 FCOA Meeting 10:00 Windowpane 10:00 Lion King Trip \$* 6:30 Medicare *	<b>17</b> 9:30 Windowpane 10:00 SHINE * 11:00 Dietician Talk* 12:00 Lunch w/Town Manager \$ * 1:15 Current Events 4:30 Passport
<b>20</b> 8:30 SHINE * 9:30 Windowpane 10:30 Aging Mastery* 12:00 LexCafé \$ 1:30 Parkinson's Tai Chi \$ *	<b>21</b> 9:00 Fix-It Shop 9:30 Money Matters 10:00 Windowpane 10:00 Sen. Donnelly 1:15 World Affairs 1:15 Movie	<b>22</b> 9:00 Fix-It Shop 9:00 Windowpane 10:00 CPR * 10:00 Computer & Tech Group 12:00 LexCafé \$ *	<b>23</b> 9:00 Fix-It Shop 9:30 Podiatry \$* 10:00 Windowpane	<b>24</b> 9:30 Windowpane 10:00 SHINE * 12:00 LexCafé \$ * 1:15 Current Events
<b>27</b> 8:30 SHINE 9:30 Windowpane 10:30 Aging Mastery* 12:00 LexCafé \$* 1:30 Parkinson's Tai Chi \$ *	<b>28</b> 9:00 Fix-It Shop 9:30 Money Matters 10:00 Windowpane 1:00 Parkinson's* 1:15 World Affairs	<b>29</b> 9:00 Fix-It Shop 9:00 Windowpane 10:00 Computer & Tech Group 12:00 LexCafé \$ *	<b>30</b> 9:00 Fix-It Shop 10:00 Windowpane	<b>31</b> 9:30 Windowpane 10:00 SHINE * 12:00 LexCafé \$ * 1:15 Current Events
* Registration Required				

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> 8:30 SHINE * 9:30 Windowpane 10:30 Aging Mastery* 12:00 LexCafé \$ * 1:30 Parkinson's <i>Tai Chi</i> \$ *	<b>4</b> 9:00 Fix-It Shop 9:30 Money Matters 10:00 Windowpane 10:30 Passport* 1:15 World Affairs 1:15 Movie	<b>5</b> 9:00 Fix-It Shop 9:00 Windowpane 10:00 <i>Computer &amp; Tech Group</i> 12:00 LexCafé \$ 2:30 COA Meeting	<b>6</b> 9:00 Fix-It Shop 9:30 Podiatry \$ * 10:00 Windowpane 10:00 <i>Blood Pressure Community Ctr.</i> 1:00 Caregivers *	<b>7</b> 9:30 Windowpane 10:00 SHINE * 12:00 LexCafé \$ * 1:15 Current Events 4:00 Tech Seminar* 5:30 Comedy Event \$*
<b>10</b> 8:30 SHINE * 9:30 Windowpane 10:30 Aging Mastery* 12:00 LexCafé \$ * 1:30 Parkinson's <i>Tai Chi</i> \$ * 1:45 ESL	<b>11</b> 9:00 Fix-It Shop 9:30 Money Matters 10:00 Windowpane 1:15 World Affairs	<b>12</b> 9:00 Fix-It Shop 9:00 Windowpane 10:00 <i>Computer &amp; Tech Group</i> 10:30 Low Vision 12:00 LexCafé \$ *	<b>13</b> 9:00 Fix-It Shop 10:00 Windowpane	<b>14</b> 9:30 Windowpane 10:00 SHINE * 12:00 LexCafé \$ * 1:15 Current Events
<b>17</b> <b>CLOSED</b> <b>PATRIOTS DAY</b> 	<b>18</b> 9:00 Fix-It Shop 9:30 Money Matters 10:00 Windowpane 10:00 Sen. Donnelly 1:15 World Affairs 1:15 Movie	<b>19</b> 9:00 Fix-It Shop 9:00 Windowpane 9:00 Memory Café* 10:00 <i>Computer &amp; Tech Group</i> 12:00 LexCafé\$ *	<b>20</b> 9:00 Fix-It Shop 9:00 Grandparents Gone Wired* 9:30 FCOA Mtg. 10:00 Windowpane	<b>21</b> 9:30 Windowpane 10:00 SHINE 11:00 Dietician Talk* 12:00 <i>Lunch w/Town Manager</i> \$ * 1:15 Current Events
<b>24</b> 6:00 NY Trip \$ 8:30 SHINE * 9:30 Windowpane 10:30 Aging Mastery* 12:00 LexCafé \$ * 1:30 Parkinson's <i>Tai Chi</i> \$ * 1:45 ESL	<b>25</b> 9:00 Fix-It Shop 9:30 Money Matters 10:00 Windowpane 1:00 Parkinson's* 1:15 World Affairs	<b>26</b> 9:00 Fix-It Shop 9:00 Windowpane 10:00 <i>Computer &amp; Tech Group</i> 12:00 LexCafé \$ *	<b>27</b> 9:00 Fix-It Shop 9:30 Podiatry * 10:00 Windowpane 5:00 Women's Finan cial Health *	<b>28</b> 9:30 Windowpane 10:00 SHINE * 12:00 LexCafé \$ * 1:15 Current Events
* Registration Required				



## Outreach

### Moving Easy: Parkinson's Tai Chi

**Mondays, February 27<sup>th</sup> - May 1st**

**from 1:30-2:30pm**

**(no class March 6<sup>th</sup> & April 17<sup>th</sup>)**



This is a specialized Tai Chi class adapted for people living with Parkinson's disease, Dystonia, and other movement disorders. *Moving Easy* provides a safe, stress-free, relaxing environment to work on balance, flexibility and fluidity. **Cost is \$96/8 wks. Call 781-698-4840.**

### Lexington Memory Café

**March 15<sup>th</sup> & April 19<sup>th</sup>**

**from 9 a.m. - 11 a.m.**



Are you looking for a group of people that understands your needs as a caregiver or an individual struggling with dementia or Alzheimer's? This is NOT a support group but rather a social gathering of people to engage you and learn something new. Door-to-door transportation available by request.

**For more information or to sign up please contact Abby Ferreira at 781-863-1166 x104.**

Look for 60+ Fitness Programs in the Town of Lexington's Recreation Brochure.



## Senior Services Movies Tuesdays at 1:15 p.m.



### Sully - March 7

Biography, Drama, PG-13 (96min.)

### Fathers & Daughters - March 21

Drama, R (116 min.)

### A Man Called Ove - April 4

Foreign Comedy PG-13 (113 min.)

### Wild Oats - April 18

Action Comedy PG-13 (91 min.)

## Technology Corner/News

### Technology Seminars for Seniors

#### Presented by Teens

**Friday, April 7<sup>th</sup> from 4:00 - 5:00 p.m.**

**at the Community Center, room 237.**



Are you curious about computers? Let Lexington's tech-savvy teens show you how they use today's technology. This show-and-tell technology seminar will feature demonstrations of the latest websites and devices. No computer experience is necessary. Questions are encouraged! The seminar will be led by members of the Cary Memorial Library Teen Advisory Board.

**The seminar is free, please register at 781-698-4870.**

### Grandparents Gone Wired

**Thursday, April 20<sup>th</sup> from 9 a.m.-12pm**

Are you a Senior who would like to enhance your skills with technology? The Internet has become an important way to exercise the minds of seniors, helping them to perform better cognitively and experience improved health. Not knowing how to use a smartphone doesn't just mean that you miss out on the latest emojis. It can also mean not knowing how to access emergency services or contacting help when you need it. Students from local high schools will be hosting this technology event at the Lexington Community Center for all interested Seniors.



**One-on-one appointments will last between 20-30 minutes. Register at 781-698-4840. Make your appointment today!**



## Human Services News

### Calling All Volunteers!

Are you looking for a volunteer opportunity in a friendly and busy environment? We could use your help! We have many volunteer opportunities including:



- ◆ Receptionists and Ambassadors
- ◆ Library Administration
- ◆ Friend to Friend – home visits to homebound seniors
- ◆ Senior Dining Site – Assist in providing a healthy, nutritious meal to our guests
- ◆ Hospitality Committee – Help set up and prepare for community center events
- ◆ Preparing and cleaning morning coffee stations.

Other opportunities may be available

For more information regarding volunteer opportunities, please contact Wendy Carlton at (781) 698-4870 or [wcarlton@lexingtonma.gov](mailto:wcarlton@lexingtonma.gov)

### Take a Book, Leave a Book Program

The Lexington Community Center has partnered with the Friends of Cary Memorial Library to bring the Take a Book, Leave a Book program to the community. Books are donated by the Friends of Cary Memorial Library each month as a means to circulate books throughout the community. These books are located in the Lexington Community Center's library. All ages are welcome to participate in the program.



### Fuel Assistance for Lexington Residents

The Fuel Assistance Program helps with the cost of heating your home and accepts new applications **through April 30**. To find out if you qualify, or to complete an application, you must make an appointment to meet with an intake worker, and you will need to provide required documentation.

**Please call Human Services at 781-698-4855** to schedule an appointment or to inquire about the program.

### Property Tax Relief for Seniors

If you are over 60 and have low to moderate income you may qualify for 100% exemption from the Community Preservation Act property tax surcharge. The FY16 Property Tax Relief Brochure is available in the Assessor's Office.

**Questions please call the Assessor's Office at 781-698-4570. Applications due by Friday, April 3rd.**



## Lexington Health Department

### Spring Cleaning!

The warmer weather is just about here which means it is time for some spring cleaning! This is a great time of year to go through your medicine cabinet and get rid of anything expired. Here are 4 easy steps provided by the Massachusetts Department of Environmental Protection on how to safely dispose of medications.

- ◆ **Keep medicines in original containers.** Leave drug names visible to help identify the contents if they are accidentally swallowed. Cross out other personal information on labels to make it unreadable.
- ◆ **Disguise the medications in their containers.** Add some water or soda to pills to dissolve them. Add something inedible like cat litter, coffee grounds or dirt to liquids.
- ◆ **Close the lids and secure them with tape.**
- ◆ **Hide containers in the trash.** DO NOT put them in your recycle bin OR in the trash without disguising them - scavengers may find and eat them.

### Medical Waste and Expired/Unwanted Medication Collection

The Lexington Board of Health and Public Health Division, in collaboration with the Lexington Department of Public Works, periodically offers a medical waste drop-off service at no cost to residents. Lexington residents only, with ID (such as a driver's license).



**When: Saturday March 25, 2017: 9AM-12noon**

**Location: Parking lot behind the Town Office Building, 1625 Massachusetts Ave.**

Enter the parking lot by the Police Station and then drive behind Cary Memorial Building. Signs will be posted to help guide you on the day of the event.

#### What to Bring:

- ◆ Sharp needles, syringes must be in a puncture-proof, closed container (such as red medical waste container, detergent bottle, coffee can or similar sturdy puncture proof container.) The container will not be returned to you.
- ◆ Expired/unwanted medicine

#### What Not to Bring:

- ◆ Personal Care Products such as over-the-counter toothpaste, mouthwash, shampoos, soaps, Vaseline, muscle-ache ointments, hand cream, shaving cream, and lotions
- ◆ Medical Devices



## O.W.L.L. Courses for Older, Wiser, Lifelong Learners



### OWLL's Spring 2017 Semester (Sponsored by the COA and FCOA)

**Poetry Reading: The Poetic Pulse!** (Wednesdays, 10-11:30, 5 sessions, starting March 1)

Instructor: Gavin Moses

**Glimpsing the Molecular World** (Wednesdays, 2-3:30, 5 sessions, starting March 15)

Instructor: Nolan Flynn

**Parenting: A Cross-Cultural Perspective** (Thursdays, 10-11:30, 5 sessions, starting March 23)

Instructor: Jessica Bethoney

**Poetry Writing: Getting it Said!** (Wednesdays, 10-11:30, 6 sessions, starting April 5)

Instructor: Gavin Moses

**The World's Great Art Masterpieces** (Wednesdays, 1-3:00, 5 sessions, starting April 26)

Instructor: Steve Kendall

**Aspects of Wisdom** (Mondays, 1-2:30, 3 sessions, starting May 8)

Instructor: Larry Prusack

**The Music of American Places** (Thursdays, 2-3:30, 5 sessions, starting May 18)

Instructor: Margaret Ulmer

Note: **All registration** for O.W.L.L. courses is through the Lexington Community Center. **A separate check for each course (\$25/course) should be made payable to: Town of Lexington.** Financial aid is available for Lexington residents. Lexington residents over 60 will be given preference when there is a limit in the number of course participants. Credit card registration available online at: [www.lexingtonma.gov/recreationdepartment.cfm](http://www.lexingtonma.gov/recreationdepartment.cfm) For more information, email [owl.fcoa@gmail.com](mailto:owl.fcoa@gmail.com) or call 781-698-4870.

## Community News

### Munroe ArtSpan Classes:

#### Mah Jongg

**April 3<sup>rd</sup> – May 22<sup>nd</sup> (No Class April 17<sup>th</sup>)**

7 Mondays, 10:00 - 11:30, taught by Laura Zoll

This class is the next step from beginning Mah Jongg and will focus on helping you choose a hand, while also serving as a reminder of the basic rules. Continue to refine your skills as you gain confidence as a player. A \$9 card fee will be collected for students without a Mah Jongg card.

Code: f17sapmji - 12 students - Cost \$55



#### Acrylic for Beginners

**April 4<sup>th</sup> - May 23<sup>rd</sup> (No class April 18<sup>th</sup>)**

7 Mondays, 10:00 - 12:00, taught by Emily Pressman

Tools, Techniques and Enjoyment with Basic Acrylic Painting. Come to a beginner class to learn basics of color mixing, composition, and materials of acrylic paint. Work from a still life and photographs to learn the pleasure of this medium.

Code: s17sappa- 12 students - Cost \$65



**Students may register in person at ArtSpan, 1403 Mass Ave. or by phone by calling ArtSpan at 781-862-6040 to reserve a spot using a credit card.**

## Community News

### 2017 Minute Man Cane Award

Nominees are currently being sought for the 2017 Minuteman Cane Award. Do you know a person who is at least 80 years of age, a 15 year resident of Lexington, actively involved in the community and an inspiration to others (while exhibiting a creative approach to life through a choice of either a second career, a hobby or volunteerism)? If so, consider nominating him or her for this award. Nomination forms are available at the Community Center, the Town Clerk's Office in Town Hall; and in Lexington Center at the following locations: Michelson's Shoe Store, Theatre Pharmacy, Wales Copy Center, and Cary Library. The form is also available on the Town website at: [www.Lexingtonma.gov](http://www.Lexingtonma.gov). This outstanding award is presented on Patriots' Day after the morning parade during the ceremonies on the Battle Green.

Completed forms should be submitted to Minuteman Cane Committee, c/o Lexington Community Center, 39 Marrett Road, Lexington, MA 02421 by NOON, Friday, March 31, 2017.

For more information, contact the Minuteman Cane Committee by calling Marie Hill at 781-862-6456.

### Munroe Saturday Nights

Join the audience of MUNROE SATURDAY NIGHTS, Lexington's affordable performing arts series, for another engaging event! Munroe Saturday Nights offers a changing schedule of arts events once a month, at Lexington's historic First Parish Church, on the Battle Green at 7 Harrington Rd. in Lexington. All events begin at 7:30 p.m. and are free to the public. Reserve your seat now: [www.munroecenter.org](http://www.munroecenter.org)

### Shakespeare for the Masses - March 11, 2017

Acting pair Chelsea McCarthy and Nicole Galland from Martha's Vineyard adapt Shakespeare plays to make them enjoyable for people-who-don't-enjoy-Shakespeare. Plays are condensed to about an hour and infused with sardonic wit.

### "Singing the Body Electric": Contemporary Poets Respond to Walt Whitman - April 1, 2017

Each poet in the program will read a poem or excerpt by great 19<sup>th</sup>-century American poet Walt Whitman, then read a poem of their own, and finally make brief comments about how the two poems are connected. This follows similar events featuring Robert Frost, Emily Dickinson, and last year, Shakespeare.

*Please confirm all shows on the website that week as events may change due to weather, sickness, etc.*

[www.munroecenter.org](http://www.munroecenter.org)

### Do You Have a Bright Idea?

The Friends of the Council on Aging (FCOA) are offering mini-grants up to \$3000 to encourage innovative proposals for new programs for Seniors or enhancements to existing programs. Please go to the FCOA web site for more information and application form: [www.friendsoftheco.org](http://www.friendsoftheco.org)



### Help Preparing Your Income Taxes Lexington Tax-Aide Program

*Sponsored by AARP/IRS*

IRS certified Tax-Aide volunteers will be at the Lexington Community Center to help prepare and electronically file Federal and State income tax forms. These sessions are for low and moderate income senior residents.

**Appointments are required. Please call 781-698-4855.**



Lexington Human/Senior Services  
Lexington Community Center  
39 Marrett Road  
Lexington, MA 02421

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*Partial funding for the distribution of this newsletter is supported by a grant from the Executive Office of Elder Affairs.*

### **The Town of Lexington Department of Human Services**

Visit our website at <http://www.lexingtonma.gov>

#### **Lex Café - Senior Dining (age 60 plus)**

**Lunch: Monday, Wednesday and Friday, 12:00 p.m. To make a reservation or cancellation please call Despina at 781-698-4850 by 10 a.m. the previous day.** Weekly menus can be found at the Community Center. Suggested donation is \$3. Menus are subject to change. Deluxe meal site is coordinated by Minuteman Senior Services. Brookhaven at Lexington has been contracted to provide meals.

#### **Lunch with Town Manager- Carl Valente**

Friday, March 17<sup>th</sup> and April 21<sup>st</sup> from 12 p.m.– 1p.m.

Carl encourages seniors to bring any questions and concerns to him at this time.

#### **Newsletter**

The Senior Services newsletter will be sent out automatically by mail to Lexington residents age 60 and over. For others who wish to receive the newsletter, it can be picked up at Town Hall, Cary Library and at the Community Center. If you would like to receive the newsletter electronically, please sign up at

[www.lexingtonma.gov/email](http://www.lexingtonma.gov/email)

#### **The Friends of the Council on Aging (FCOA)**

Jane Trudeau, President \* Suzanne Caton \* Laura Derby \* Dan Fenn \* Marie Hill \* Janice Kennedy  
Mickey Khazam \* Lorain Marquis \* Susan O'Keefe \* Elaine Smith \* Carol Snell \* Shirley Stolz \* Chris Worcester

The "Friends" are a non-profit organization that provides advocacy and monetary support for senior programs, trips, special meals and services. They meet at the Community Center at 9:30 a.m. on the 3rd Thursday of every month.

Please join us! For more information please visit our new website at <http://www.friendsoftheco.org>

If you would like to make a donation to the FCOA, you will find donation envelopes at the Community Center.

Mail to P.O. Box 344, Lexington, MA. 02420.

#### **Fix It Shop**

**Open Tuesday, Wednesday & Thursdays  
From 9:00 a.m. to Noon**



The Fix it Shop has limited space and we ask that you bring in only **ONE small item** at a time for repair. Please remember to pick up your repaired item promptly!

The Fix it Shop is looking for one or two people with electronic or furniture repair experience. If you are interested please call Paula McGlynn at 781-698-4845.

#### **Windowpane Shop**

**Open Monday & Friday, 9:30 a.m. – 2 p.m., Wednesdays,  
9 a.m.- 1 p.m. and Tuesday & Thursday, 10 a.m.– 2 p.m.**

Accepting small donations of clean, like-new  
**SEASONAL** clothing, jewelry and small gift items  
**Monday & Friday only.**

